



SEPTEMBER 2014



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 Support Group 10:00 a.m. Easton Memorial Hospital outside Birthing Center Karen Van Trieste 410-822-1000, ext. 5700	3	4	5	6
7	8	9	10	11	12	13
14	15	16 Support Group 10:00 a.m. Easton Memorial Hospital outside Birthing Center Karen Van Trieste 410-822-1000, ext. 5700	17	18	19	20
21	22	23	24	25	26	27
28 Dorchester Arts Showcase 12-5 pm High Street, Cambridge, MD Nursing/Diaper Changing Station	29	30	Mid-Shore Services: Individual BF appointments are available on request for either prenatal education or follow-up after delivery. Peer Counselors and Lactation Consultant can be texted by clients between 8am & 10pm with breastfeeding questions. If phone goes to voice mail, please leave a message with the best time for a return call.		To Contact a Breastfeeding Peer Counselor near you: Katie: (410) 829-8656 {Lactation Consultant} Dana: (410) 829-8655 [Spanish] Anjolina: (410) 829-8654 Mid-Shore WIC Program: (410) 479-8060 or 1-866-551-2139 (Maryland toll free)	



OCTOBER 2014



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mid-Shore Services: Individual BF appointments are available on request for either prenatal education or follow-up after delivery. Peer Counselors and Lactation Consultant can be texted by clients between 8am & 10pm with breastfeeding questions. If phone goes to voice mail, please leave a message with the best time for a return call.			1	2	3	4
5	6	7 Support Group 10:00 a.m. Easton Memorial Hospital outside Birthing Center Karen Van Trieste 410-822-1000, ext. 5700	8	9	10	11
12	13	14	15	16	17	18
19	20	21 Support Group 10:00 a.m. Easton Memorial Hospital outside Birthing Center Karen Van Trieste 410-822-1000, ext. 5700	22	23	24	25
26	27	28	29	30	31	To Contact a Breastfeeding Peer Counselor near you: Katie: (410) 829-8656 {Lactation Consultant} Dana: (410) 829-8655 [Spanish] Anjolina: (410) 829-8654 Mid-Shore WIC Program: (410) 479-8060 or 1-866-551-2139 (Maryland toll free)



NOVEMBER 2014



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mid-Shore Services: Individual BF appointments are available on request for either prenatal education or follow-up after delivery. Peer Counselors and Lactation Consultant can be texted by clients between 8am & 10pm with breastfeeding questions. If phone goes to voice mail, please leave a message with the best time for a return call.			To Contact a Breastfeeding Peer Counselor near you: Katie: (410) 829-8656 {Lactation Consultant} Dana: (410) 829-8655 [Spanish] Anjolina: (410) 829-8654 Mid-Shore WIC Program: (410) 479-8060 or 1-866-551-2139 (Maryland toll free)			1
2	3	4 Support Group 10:00 a.m. Easton Memorial Hospital outside Birthing Center Karen Van Trieste 410-822-1000, ext. 5700	5	6	7	8
9	10	11	12	13	14	15
16	17	18 Support Group 10:00 a.m. Easton Memorial Hospital outside Birthing Center Karen Van Trieste 410-822-1000, ext. 5700	19	20	21	22
23/30	24	25	26	27	28	29

